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# The human factor: The biggest vulnerability or the best protection?

**Security in the workplace and everyday life doesn't just depend on technical measures – quite frequently, users are the deciding factors.**

Cyber criminals specifically focus on human vulnerabilities to circumvent security measures. Phishing mails, faked websites or fraudulent calls – these methods all abuse people's trust, and sometimes also people's inattention.

The [semi-annual report of the Bundesamt für Cybersicherheit \(BACS\)](https://www.ncsc.admin.ch/ncsc/en/home/dokumentation/berichte/lageberichte/halbjahresbericht-2024-1.html) confirms just how relevant the human factor is. Compared to the same period last year (2023), the number of cyber incidents reported have almost doubled – in particular those cases involving phishing, faked calls by the authorities and fraudulent competitions have seen an increase.

Users however can also be the strongest line of defence in cyber security. Using the right approach, you can recognise and stop an attack early on. Read more on this topic in [step 5](https://www.ebas.ch/en/5-exercising-care-and-remaining-alert/) of our [5 steps for your digital security](https://www.ebas.ch/en/5-steps-for-your-digital-security/). In addition, our [basic course](https://www.ebas.ch/en/basic-course/) will provide you with comprehensive information on current threats and effective preventative measures. Based on this course, you can then use our [practical course](https://www.ebas.ch/en/practical-course/) to use and experience what you learned straight away.